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# THE MCA MONITOR

Volume II, No. 2

February 1980

## LT. GOV. SPEAKS AT CARROLL AWARENESS WEEK

Montana Lt. Governor Ted Schwinden spoke at a no host dinner held Thursday evening, February 21, in support of Alcohol Awareness Week and the S.O.B.E.R. "Slow On the Bottle, Enjoy the Road" campaign sponsored by the Montana Council on Alcoholism.

"Alcohol Awareness Week demonstrates a point," Schwinden said, "a point that the Montana Council on Alcoholism has been trying to make repeatedly since its inception in 1978. Alcohol -- its use and its abuse -- affects each and every Montanan in some way."

"Last year, the Montana Council on Alcoholism launched its S.O.B.E.R. campaign to educate the public about the dangers of mixing drinking with driving. The "Slow On the Bottle, Enjoy the Road" campaign has helped increase awareness about the dangers of combining accelerators with alcohol, but as the 1979 traffic deaths show, we still have our work cut out for us.

"I say 'we' because concerns related to alcohol touch each of our lives in some way or another -- either through knowing someone who has a serious drinking problem or through the very real possibility that the next car we meet on the road might contain a drunken driver. Alcoholism is a very real problem in this society. . . ."

Beginning Monday, February 18, Carroll College and MCA sponsored the on-campus Alcohol Awareness Week in Helena. This informational event was conducted by Ira Feiger with the assistance of Lewis and Clark Alcoholism Program and numerous other community service groups and agencies.

The event consisted of daily panel discussions about alcohol abuse and the disease of alcoholism, film showings, informational displays with free pamphlets and facts sheets about alcoholism, and audience question and answer periods.

Presentations covered the S.O.B.E.R. drinking-driving awareness campaign, Alternative Action Workshops and other programs sponsored by MCA, as well as the treatment

services for alcoholism that are available in Helena.

Some Carroll faculty cooperated by assigning selected classes to participate in Awareness Week events.

Those interested in sponsoring an awareness event in their home communities can contact Ira at MCA for list of materials which are available for distribution, re-information on films and a schedule of MCA workshops and other training events.

## SECOND ORG. MEETING HELD IN HELENA

A second meeting of individuals interested in organizing a Helena/Lewis and Clark County alcoholism council was held Thursday, February 2, beginning at noon in the Helena Steamboat Assembly Room.

Many community organizations and groups were represented among the eleven individuals attending, including veterans, law enforcement, the local alcoholism treatment center, Native American Indian groups, the National Guard, the Salvation Army, and major Helena area employers. Curly Thornton and Ira Feiger represented the Council.

MCA staff reviewed plans for the upcoming Carroll College Alcoholism Awareness Week and the Helena Alternative Action Workshop.

Representatives of Lewis and Clark Alcoholism Program, soon to be renamed Boyd Andrews Service Center, reviewed the need for a Helena women's recovery house and discussed plans to fund such a facility.

The meeting also covered the topic of occupational alcoholism programs, a joint labor-management approach to identifying and referring to appropriate treatment those employees whose work performance suggests potential alcohol problems.

An earlier steering committee organizational meeting for the Helena area was held December 11, 1979. Contact Jim Forsell at MCA for assistance in organizing a local alcoholism council in your community.

FROM THE PRESIDENT'S DESK

-by Andrew J. Utick

I would like to thank our members for their continuing support of projects initiated by the Montana Council on Alcoholism. Your personal support of MCA and efforts with your local alcoholism councils and treatment centers are extremely important assets to the Council as we work to expand public awareness of this most destructive family disease. MCA will continue to recruit and organize volunteer workers in Montana communities to expand the representative consumer constituency of the Council.

I regret that the Council was forced to postpone the January Board meeting in Butte. It will be rescheduled at the earliest possible opportunity. We had planned to discuss fund raising at that meeting.

The Council has launched a major fund raising drive to clear up pressing financial obligations remaining from the establishment of the Council and to cover non-budgeted costs of several demanding new projects that are now underway. This is the first significant fund raising drive conducted by the Council since it was established in 1978.

We have set the modest sum of \$20,000 as our goal for Independence Day, July 4, 1980. This figure is less than seven percent of the total Montana State revenue funds appropriated for alcoholism and alcohol abuse in FY '80, and about two percent of combined state and federal alcohol funding for Montana over the same period, according to Department of Institutions information. Our first month's (March) goal is \$7,000.

These funds are not being requested from state or federal government. This money will be given by citizens of Montana to bolster and expand prevention and treatment services for alcoholism, a devastating disease with tragic, long-term consequences for families.

We are requesting that all our members and friends lend their support to the drive by their personal tax deductible contributions, as well as by directly assisting in fund raising activities. Fund raising kits have been prepared for distribution to all members of the MCA Board of Trustees. To work in the drive, contact your nearest MCA Board Member or the MCA State Office. We need community leaders for individual local fund raising drives in all communities, large or small.

### *Letters to the Editor*

MCA Monitor welcomes letters and articles with the understanding that all submissions may be edited for length or form. Originals and photos cannot be returned.

### AN OPEN LETTER OF APPRECIATION

-by James A. Forsell, Executive Director

As we were preparing for the Alternative Action Workshop Series, the cost of reprinting two bulky (nearly 400 pages) editions of the Teacher's Guide for Alcohol Education, and printing a 70-page S.O.B.E.R. Campaign Sponsor Manual, and a 268-page Alternative Action Manual in time for the January workshop in Billings seemed to be nowhere within our Budget.

In the very best tradition of Volunteers for America, many organizations and individual workers came forward to donate urgently needed services or to charge a substantially reduced cost to the Council. Without their dedicated voluntary efforts and concern for alcoholism, the Council could not present the Alternative Action Workshops.

We wish to extend special thanks to: the director and staff of the Montana Chamber of Commerce for contributing printing services in addition to their own busy printing schedule; the owners and staff of Action Copy in Helena, who worked late hours and gave up their weekend to complete our printing job; the staff and clients of Helena Industries Sheltered Workshop, who completed a difficult collating job within our deadline; and to Eastern Montana College for special assistance during our first workshop in Billings.

Thanks also to the Montana Education Association, the Office of Public Instruction and the many other organizations and individuals who aided in planning and coordinating the workshop series.

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## SECOND RAND REPORT BACKS DOWN

The California-based Rand Corporation, operating under NIAAA contract, has concluded a new study that "does not recommend that any alcoholic should resume drinking.

"The Course of Alcoholism: Four Years After Treatment," a final followup report, was released in January by NIAAA in an apparent effort to quell the heated and emotional opposition generated in the alcoholism treatment community by the first Rand Report, "Alcoholism and Treatment," released in 1976.

The study, billed by NIAAA as the "most extensive ever made in terms of the number of alcoholics traced and the length of the followup," was based on an 18-month follow-up of 922 men who were treatment center clients in 1973. The report generated the impression, among the public media at least, that some alcoholics could return to normal drinking without adverse consequences.

The second report noted that alcoholics who drank relatively small amounts after treatment had very high relapse rates. Long term abstainers had the lowest rates of later alcohol problems, while short term abstainers had much higher rates.

Those clients who regularly attended Alcoholics Anonymous had the highest rate of long term abstinence at 57 percent. After four years, however, only 14 percent attended AA regularly. After four years, 54 percent of the sample was "drinking with problems," 46 percent were in remission, 28 percent were abstinent for six months prior to the final interview, and 18 percent were "drinking without problems."

The client group which had made more than five outpatient visits had more favorable outcomes than those who had made fewer. The report concluded that although the problem rate remained high after four years, "it nevertheless represents a substantial improvement. . . ."

In a letter circulated with the report, NIAAA Director John DeLuca said that the high relapse rate among those who return to drinking "reinforces our contention that abstinence is the most appropriate goal in the treatment of alcoholism."

The Course of Alcoholism: Four Years After Treatment," (R-2433), can be purchased for \$10 from Rand Corp., Publications Dept., 1700 Main St., Santa Monica, CA 90404.



### **For Your Information**

The Council has received sample copies of several new pamphlets from the National Council on Alcoholism.

Alcoholism - A Guide for the Clergy, by Rev. Joseph L. Kellermann, National Council on Alcoholism, 733 Third Avenue, New York, N.Y. 10017. 1963. 40 pp. \$1.00.

A basic handbook, this pamphlet includes helpful suggestions for counseling the alcoholic, the spouse and the family. The role of the church is covered, as well as facts about alcohol, alcoholic drinking compared to social drinking, counseling tips and suggestions, phases of the recovery process, typical referral resources and a list of recommended literature for pastors.

The New Alcoholics: Teenagers, (#499) by Jules Saltman, Public Affairs, Inc., 381 Park Ave. South, New York, N.Y. 10016. 1973. 20 pp. \$.50 - \$.22, depending on quantity.

This pamphlet considers contributing factors to teenage alcoholism and suggests what can be done. Also listed are a variety of other Public Affairs pamphlets related specifically to alcoholism, family concerns, social issues and health in general, all available according to the same price schedule.

Numerous other low cost pamphlets about alcoholism are available from NCA. The MCA staff will be happy to assist readers in ordering pamphlets upon request.

### CHILDREN - A SPECIAL RISK

The New York City NCA affiliate has published the following facts on alcoholism and children.

More than 28 million children in the United States (including adult children) are affected by parental alcoholism.

Approximately 50 percent of children of alcoholic parents become alcoholic.

Fifty percent of juvenile delinquents have family members with drinking problems.

A correlation exists between child neglect/abuse and alcohol abuse.

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Problem drinking is the most identifiable cause of family stress resulting in child maltreatment.

Alcoholic parents sometimes abuse their children physically, but more frequently the emotional neglect may have long lasting results.

Other studies on children of alcoholic parents have found them withdrawn, unable to concentrate, and running a high risk of developing emotional and behavioral problems as adults.

Children may take on unnecessary guilt and wrongfully believe that they are responsible for the alcoholic parent(s) drinking.

#### WORKSHOPS HELD IN BILLINGS, GREAT FALLS

More than 30 participants from Billings and surrounding communities representing school administration, educators, alcoholism treatment centers, state and local government agencies attended the S.O.B.E.R. "Alternative Action" workshop sponsored by MCA, January 29 - 31 in Billings.

The three-day training event was held at the Eastern Montana College Student Union Building and featured guest "lecturettes" by Dr. Howard Simmons of Lampson, and Nancy Jo Clark of Rimrock Guidance Foundation, private substance abuse treatment services in Billings.

Gary and Candice, the children of an alcoholic family, were very special guests brought by Nancy Jo Clark. They described real experiences from alcoholic family life and responded to questions from the audience.

S.O.B.E.R. Project Director Emmett "Curly"

Thornton conducted the bulk of lecturettes and strategy presentations with the assistance of Trainer Ira Feiger. Presentations were grouped into seven main components related to communication, attitudes awareness, belief systems, personalizing values, values as a responsible approach to decision-making, human relations, and program development.

Numerous role-playing situations were created to allow participants to experience the roles of clients and counselor, various members of the alcoholic family, and the roles of teachers, service providers and school board members in the process of organizing for community alcoholism action projects.

A "brainstorming" technique was used to summarize and expand findings at intervals throughout the workshop, and to tap the professional expertise of participants for additional ideas and approaches.

Paid participants received the Teacher's Guide for Alcohol Education, a S.O.B.E.R. campaign sponsor manual, and an Alternative Action Manual developed by Thornton and Feiger specifically for the workshop.

The EMC event was the first in a planned series of at least five Alternative Action workshops this year. The second workshop was held February 26 - 28 at the Casco Building in Great Falls and was similar in format to the Billings event.

The dates and locations of future Alternative Action workshops will be announced in the Monitor and will be publicized in communities as arrangements with local supporting groups are finalized. Those interested in attending workshops should contact MCA as soon as possible to aid in scheduling locations which will require minimum travel for participants.

# Membership Application

## MONTANA COUNCIL ON ALCOHOLISM

### MEMBERSHIP CATEGORIES

#### Individual

Student/Sr Citizen	\$ 5	<input type="checkbox"/>
Supporting	10	<input type="checkbox"/>
Contributing	25	<input type="checkbox"/>
Sustaining	50	<input type="checkbox"/>

#### Agency/Organization/Firm

Supporting	\$ 25	<input type="checkbox"/>
Contributing	50	<input type="checkbox"/>
Sustaining	100	<input type="checkbox"/>
Sustaining Donor	300	<input type="checkbox"/>

*Dues Are Tax Deductable*

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(Street) (City) (State) (Zip Code)

Occupation \_\_\_\_\_ With \_\_\_\_\_

Phone \_\_\_\_\_ / \_\_\_\_\_  
(Home) (Business)

Affiliations \_\_\_\_\_

Are you interested in serving as a volunteer? Yes ☐ No ☐

Interests \_\_\_\_\_

Specific Concerns \_\_\_\_\_